



Fit Wic News

issue #1

Kids Know Best!

Let Your Child Decide How Much to Eat

Does your child eat hardly anything for several days and then eat a lot on other days?



Even though this may worry you. It is normal for kids to eat this way. Your child knows best how much he needs to eat, so don't encourage him to eat more than he needs.

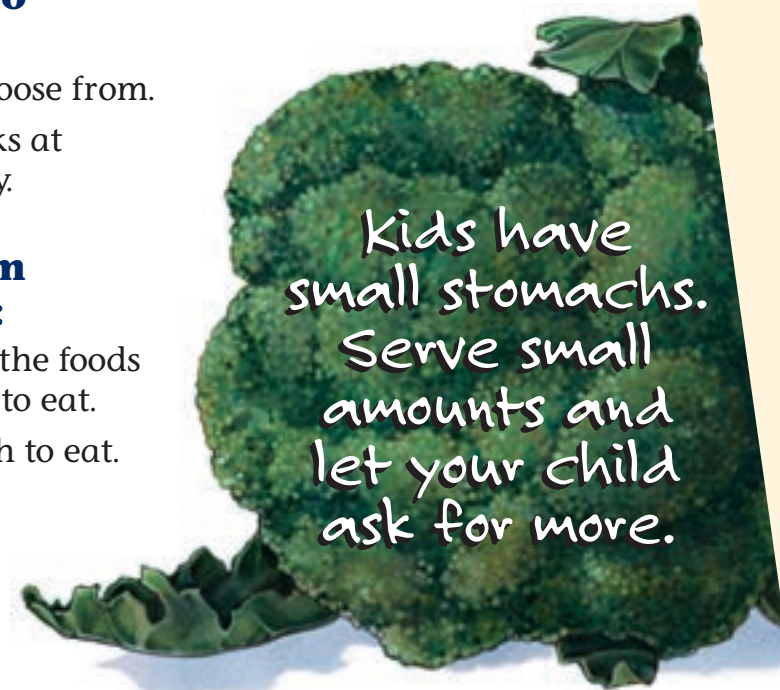
This is what you can do for your child:

- Give her healthy foods to choose from.
- Serve meals and snacks at regular times each day.



Allow him to decide:

- Which of the foods you serve to eat.
- How much to eat.



Kids have small stomachs. Serve small amounts and let your child ask for more.

What do you already do for your child?

- Serve fruits and vegetables often.
- Serve small amounts of juice and milk at meals.
- Give water between meals.



Things you may try to do for your child...

- Try some new vegetables or a new way of making them.
- Limit soda, sports drinks and other sweet drinks.
- Relax about how much your child is eating.



Problem: What should you do if your child doesn't want to eat at a meal?

- Have your child sit at the table with everyone else.
- Give him some healthy foods to choose from.
- Always include at least one food that she likes.
- Relax and don't force or encourage your child to eat.
- She may decide to eat something, once she sees that you have relaxed.
- If he doesn't eat, it's OK. A healthy snack should be offered in a few hours.

FUNNY FRUIT PIZZAS

Ingredients

- Low-fat mozzarella cheese slices or shredded cheese
- English muffins, sliced in half
- Fruit washed (apple, banana, orange or seedless grapes)



What to Do

1. Give each child half a muffin. Have them place a slice of cheese on the muffin.
2. Toast the muffins until the cheese melts. While the muffins are toasting, have the children do the next step.
3. Let children peel the bananas and oranges. They can also pick the grapes off the stems.
4. An adult should cut the fruit in small pieces. Let the children top his or her muffin with fruit.



Get Moving!



Activity is important for everyone in the family, especially kids. Kids need to be very active for at least a few hours every day.

Activity for kids means:

- jumping
- running
- climbing
- throwing
- swinging
- rolling

Being active is a lot more fun when the whole family is involved. Take some time to go outside and play with your child. An easy thing to do to get the family moving is turn off the TV!

What activities does your child already do?

- Rides on scooting toys.
- Plays tag or chase games with others.
- Climbs on toys at park.
- Dances to music.



Things to get your child moving more...

- Plant a garden.
- Have your child help wash the car or rake some leaves.
- Limit TV to one hour or less per day.
- Do some traditional dances with your child.

Instead of junk food or videos, buy these for your child:

- Balls
- Bubbles
- Ride-on toys
- Push and pull toys



PLAY helps your child

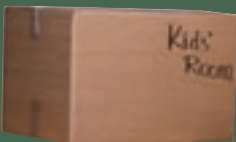
- Learn about her body and the world around him.
- Learn creativity and imagination.
- Sleep better at night.
- Have a strong heart, lungs, muscles and bones.
- Keep a healthy weight.



INDOOR FUN! MAKE AN OBSTACLE COURSE

Use things around your home to make an obstacle course. You can use:

- chairs to climb over, under or between
- tables to go under
- broom handles and pillows to jump over
- boxes to crawl through
- lids or placemats to step on



Have your child follow you through the course. Follow your child through the course. Walk through it. Run through it. Crawl through it. Go backwards through it.

OUTDOOR TIME

Go for a Fun Walk

Make walks more fun by adding a little adventure!

- Go on a treasure hunt.
Can you find a rock, a feather, a leaf, a piece of trash?
- See who can pick up the most trash.
- Look for different colored things.
(white flower, red car, green tree, brown rock)
- See how many different things you can see that begin with a certain letter of the alphabet.
(C: cactus, clouds, car, cement, corn, cotton, etc.).



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